

# AGE WELL AT A LIFE PLAN COMMUNITY

*A national study conducted by the Mather Institute in collaboration with Northwestern University has found many positive impacts of living in Life Plan Communities.*

The study, known as the Age Well Study, surveyed over 8,200 residents and found that residents' health and wellness compared favorably to older adults at large. These findings highlight the numerous advantages of choosing a Life Plan Community.

A Westminster Life Plan Community can be the key to unlocking a thriving and enriching aging experience. Discover the many advantages that make Life Plan Communities an ideal choice for seniors seeking a fulfilling and purposeful life.

## 5 KEY FINDINGS:

Over the 5-year study, Life Plan Community residents were found to:

- 1 Have significantly more healthy behaviors
- 2 Report that their move had "somewhat or greatly improved" their social wellness
- 3 Have greater emotional, social, physical, intellectual and vocational wellness
- 4 Be significantly more satisfied with life, more optimistic, and have better perceptions of aging
- 5 Report that they were less lonely

Most importantly, they were significantly more likely to report that they had purpose in their lives.

## LIVE WELL WITH 4 WAYS TO A PLAN FOR LIFE:



### 1 **Improve your overall well-being**

Residents in Life Plan Communities reported better overall wellness compared to seniors living outside of community settings. They experienced healthier behaviors, improved social connections, and a stronger sense of purpose in life.



### 2 **Embrace an active lifestyle**

Life Plan Communities offer state-of-the-art fitness centers, tailored well-being programs, and nutritious dining options to support an active and healthy lifestyle.



### 3 **Nurture the mind and spirit**

Lifelong learning programs, cultural events and partnerships with local colleges and universities provide opportunities for intellectual stimulation and growth.



### 4 **Build lasting connections**

Life Plan Communities foster a sense of belonging and provide opportunities for residents to build lasting friendships through shared events.

*Scan the QR code to view the full breakdown on our website.*



## HOW WILL YOU “AGE WELL” WHEN YOU CHOOSE A LIFE PLAN COMMUNITY?

Westminster Communities of Florida is here to help you make the most of this exciting chapter in your life. Embrace new adventures, forge lifelong friendships, and create a legacy that captures the spirit of vibrant aging.

*Learn all about the advantages of Life Plan Communities today!*